



Living near a park a healthy choice

Canadian study shows that people who live near green spaces live longer **PAGE 17**

SANDLER PLAYS IT RESTRICTED

ACTOR ADAM SANDLER STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY **PAGE 13**

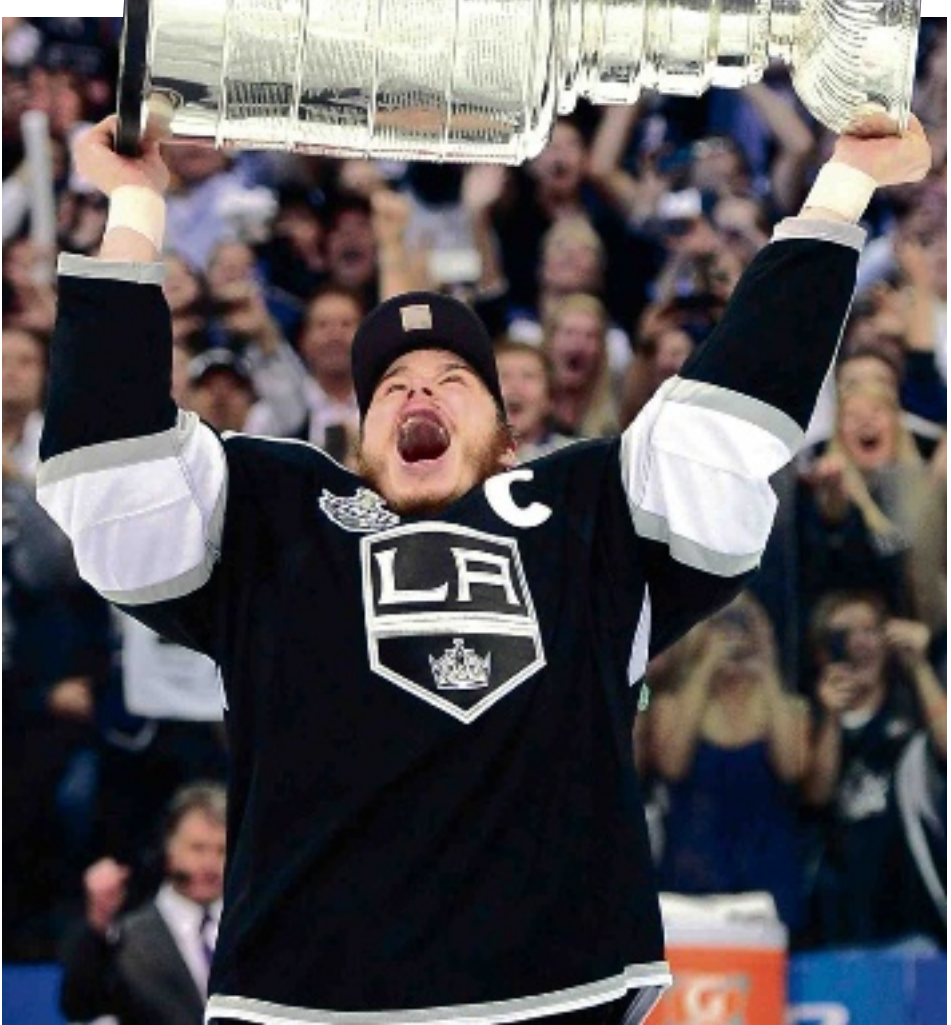


OTTAWA

metro 

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Tuesday, June 12, 2012



HAIL TO THE KINGS

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils 6-1 in Game 6 of the Stanley Cup final on Monday. For more on the game, see page 27. **MARK J. TERRILL/THE ASSOCIATED PRESS**

Police charge teen girls with pimping, human trafficking

Unprecedented. Ottawa police, RCMP shocked by case that lured girls over social media



Police have charged two 15-year-old girls with human trafficking for the forced prostitution of three other teenaged girls — a case investigators believe is unprecedented. The two 15-year-old girls are also charged with sexual assault, forcible confinement, assault, uttering threats and abduction. Of-

ficers are also looking for a third suspect, a 17-year-old girl. The three female victims, aged 13 to 17, were lured by the accused girls via social media to a location on the 2400 block of Walkley and forcibly confined and threatened, said Ottawa police staff sergeant John McGetrick. "From there they were taken to the other places for the purposes of prostitution," he said. The victims were separately forced into prostitution; one on May 19, the second on May 31, and the third on June 3, he said. McGetrick would not comment on how the accused girls, at the ages of 15 and 17, were capable of doing what they are accused of doing.

"In checking with the RCMP, who have a lot of expertise in human trafficking, they are not familiar with another case of this nature," he said. "It's shocking." McGetrick would also not say if the accused girls had ever been victims of trafficking or prostitution themselves. Police are not aware of any other victims, but if anyone has any information about this crime or similar crimes they are asked to contact the Ottawa Police Service Sexual Assault/Child Abuse Section at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477. The names of the accused cannot be released due to provisions of the Youth Criminal Justice Act.

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Angry residents bid farewell to trees at Lansdowne Park

Frustration branches out in community.
Trees taken down as part of plan to redevelop the area

JOE LOFARO
joe.lofaro@metronews.ca

Glebe residents cried and held each other as construction crews plowed through Sylvia Holden Park with chainsaws and heavy equipment Monday afternoon felling several trees as part of Lansdowne Park redevelopment.

Martha McKeen, the Holmwood Avenue resident who spearheaded a protest to stop the cutting, argued the 60 trees in Sylvia Holden Park — the green space adjoining Lansdowne — provided a buffer between residents and the construction.

"I think it's a disgusting display," said McKeen, overcome with emotion. "Shame on the city of Ottawa, shame on Ellis

Don."

Glebe resident Lee Blue said the removal was completely unacceptable as she consoled her 10-year-old daughter, Grace, who cried as the trees came tumbling down one after another.

"I used to live here, when I was born I lived just around here. So I'm really attached to this park," said Grace. "It's full of really nice trees and it's really pretty. It gives me tonnes of oxygen and shade."

Most of that shade along Holmwood Avenue is now gone and all that's left are tree stumps.

A statement from the City of Ottawa on Monday said the contractor's biologist and an expert from Environment Canada reviewed the site that morning. The city said tree removal would proceed "with caution" to ensure compliance with the Migratory Birds Convention Act.

Follow Joe Lofaro on
Twitter @giuseppelo



A worker with construction firm Ellis Don prepares to fell a tree at Lansdowne Park Monday. JOE LOFARO/METRO

Victims better served under new network: Police



As Mayor Jim Watson watches, Ottawa police Chief Charles Bordeleau announces victims of crime will get access to all available services in the community no matter who they call. GRAHAM LANKTREE/METRO

Victims of crime have a stronger network of people to turn to for support in Ottawa following the launch of the Coordinated Victims Assistance Network Monday.

"The effects of crime continue on with the victims after the crime," said Mayor Jim Watson. "Victims of crime need so much support, be it psychological, emotional or physical."

In the past, many victims of crime in the city didn't know which organization

to turn to for support or to contact first, said Heidi Illingworth, executive director of the Canadian Resource Centre for Victims of Crime. And when they did, they were often shuttled between agencies that didn't have the authority to act on their behalf.

"Under the new program, no matter who a victim calls, they will get services in our community," said Ottawa police Chief Charles Bordeleau

Instead of passing victims between different service providers the new program allows those who are a victim's first point of contact to act as their guide through all services in the city.

The network brings together the Children's Aid Society of Ottawa, Canadian Parents of Murdered Children and the Ottawa Coalition to End Violence Against Women.

GRAHAM LANKTREE/METRO

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NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Mobile news



It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

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WHY WEIGHT?

Evening sessions

Filibuster cancels light show

Unscheduled parliamentary sessions relating to voting on the federal Tories' massive omnibus bill means the June 11-13 presentations of the Mosaika sound and light show are cancelled. **METRO**

Energate Inc.

'Smart grid' allows for remote thermostat control

Ontario announced Monday a \$2.9-million investment in Ottawa-based Energate Inc., in a move that could save some hydro users up

to 30 per cent on their hydro bills, the province says.

During the next year and a half, Energate will install its smart energy thermostat displays in more than 1,000 homes throughout the province, allowing users to remotely control their energy systems and save power.

GRAHAM LANKTREE/METRO

\$12M for parks alone

Gatineau sprucing up parks

The City of Gatineau says it will invest \$17 million renovating and building parks, recreational trails, bike lanes and communal gardens this year.

NOURAN ABDELLATIF/FOR METRO

Safety blitz

Cops on lookout for bad cyclists

Ottawa cyclists should play it safe on the city's streets between June 13 and 17 as police head out on a bicycle-safety blitz to clamp down on unsafe riding. **GRAHAM LANKTREE/METRO**

In serious condition

Tot burned after kettle falls on him

A two-year-old boy was sent to the hospital Monday morning with second-degree burns on his back after a kettle of boiling water fell on him.

NOURAN ABDELLATIF/FOR METRO

Capital Hoedown Stittsville-bound

Event on the move.

Festival chief downplays report of Canada Revenue Agency demanding \$72,000



JOE LOFARO

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Capital Hoedown is heading out to a ranch.

Organizers announced Monday afternoon the country-music festival will be held Aug. 10 to 12 at the Numech Ranch on Fallowfield Road in Stittsville.

Capital Hoedown missed a payment deadline with the city to hold the event at Walter Baker Park in Kanata, which is about 14 kilometres north of the new venue.

Denis Benoit, president and CEO of the festival, said in a written statement that he isn't allowed to reveal information about the modified artist lineup until it's been finalized.

"We are working diligently on the artist lineup and will announce this to our fans as soon as it is confirmed," said Benoit.

The website is expected to be updated with the revised lineup. For several days, Cap-

italhoedown.net has been reduced to a white page with the headline "We'll be right back."

Benoit also assured fans refunds will be honoured for those who want them, but last evening he issued a second statement by email. The statement followed an Ottawa Citizen report about the City of Ottawa being forced to turn over a \$72,000 deposit to the Canada Revenue Agency rather than refunding it to the Hoedown.

Benoit said the handover related to a delayed filing with CRA pertaining to the 2011 Capital Hoedown and wouldn't interfere with this year's festival.

"I have been in direct contact with CRA to satisfy the additional information required for filing. We are gathering the required details and will have everything submitted to CRA within a few days to meet our obligation. We anticipate a quick and timely resolution to last year's festival filing and to be released of any further matters. Since this is associated to Capital Hoedown 2011, this does not affect our ability to continue with plans for this year's festival," Benoit wrote.

Follow Joe Lofaro on
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95-year-old dies after being struck by SUV

Police investigate a traffic collision that killed a 95-year-old man who was crossing Carling Avenue just west of Maitland Avenue Monday morning. Police said a small SUV struck the man. The man had no vital signs when an off-duty paramedic came upon the scene. The off-duty paramedic began treating the man until more paramedics arrived. The paramedic service said the man suffered injuries to his head and chest, and his upper and lower leg were fractured. **GRAHAM LANKTREE/METRO**

Trans rights. New law overdue, but welcome: Local activist

Local transgender-rights activist Joanne Law applauded a private member's bill that's expected to become law in Ontario this week.

Bill 33 adds gender identity and gender expression to the Human Rights Code, giving transgender and transsexual people specific

protection from discrimination.

It is expected to become law this week as it has the support of all three major Ontario parties.

"All of a sudden it's here, after fighting for 30 years," Law said.

JESSICA SMITH/METRO

Layoffs. Church offers sanctuary, prayer to stressed civil servants

A downtown Anglican church is opening its doors to civil servants of any creed and anyone who's suffering from the stress of public-sector layoffs.

St. Andrew's Church is hosting a noon-hour service of reflection and hope Wednesday for anyone of any faith who drops by. Members of the con-

gregation will also be on hand from 4 to 5:30 p.m. to offer individual support and prayer.

The idea for the service came as church leadership became aware of a "palpable sense of stress" over the layoffs in the congregation and the city at large, said church elder Micah Clark. **JESSICA SMITH/METRO**

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First anti-terror convict's appeal now underway

Supreme Court.
Defence will argue life sentence too harsh for crime, offender

The life sentence imposed on the first man convicted under the country's anti-terror law is unprecedented and should be reduced, the Supreme Court of Canada was told Monday.

Momin Khawaja, a former Ottawa software developer, is serving life in prison with no parole eligibility for 10 years.

Khawaja was originally sentenced to 10 and a half years in prison after his conviction in 2008, but the Ontario Court of Appeal imposed the stiffer sentence when he appealed his case.

Khawaja's lawyer urged the Supreme Court to overturn that sentence and re-establish the original penalty.



Momin Khawaja
THE CANADIAN PRESS

"I am asking court to say this unprecedented increase in sentence was wrong," lawyer Lawrence Greenspon argued Monday.

"A life sentence in this case is unfit for the offence and the offender."

Khawaja was convicted in

2008 of training at a remote camp in Pakistan, providing cash to a group of British extremists and offences related to building a remote-control detonator.

The prosecution failed to prove Khawaja knew the detonator was to be used to detonate a 600-kilogram fertilizer bomb in downtown London. But Greenspon said the appeal court held Khawaja responsible for that offence when it upped its sentence.

Khawaja's appeal is also focused on the legal definition of what constitutes "terrorist activity."

His lawyer argues that the law is unconstitutional because it violates Khawaja's right to express political and religious views.

Greenspon said the so-called motive clause in the law "will have a chilling effect" on free-speech rights.

THE CANADIAN PRESS

Montreal protest. Group calls for review of police actions during Grand Prix

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering details from recent weeks for a potential lawsuit.

The group, the more hard-line CLASSE student association, is now gathering testimony from people who say their civil rights were violated.

Police denied the accusation

that they specifically targeted red-square wearers. They admitted to searching people they deemed suspicious, and of using preventive arrests, but they said they were acting under constitutionally reasonable grounds, for legitimate security reasons.

The CLASSE group says it has received testimony from about 100 people who said they were victims of preventive detentions and political profiling. "What we've been seeing these last few weeks, and what we saw this weekend in particular, is really without precedent," CLASSE co-spokesman Gabriel Nadeau-Dubois said Monday.

Arrest

Quebec student activist Mathieu Girard was arrested while heading to his sister's funeral on Monday, an act his lawyer described as "completely inhumane."

- Girard could face criminal-mischief charges for acts committed during the protests.

Police said the biggest tourist event in Canada had been threatened. THE CANADIAN PRESS

Vancouver riots

Sentence handed to cup rioter

A one-month jail sentence has been handed to a 20-year-old Surrey, B.C., man for his role in the Stanley Cup riot a year ago.

Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service after pleading guilty in March to participating in a riot. Alviar helped rock a car and smashed windows during the violence last June 15. THE CANADIAN PRESS

Ottawa politics

Speaker OK's opposition tactics

The parliamentary show of protest over the Conservatives' controversial budget bill can go on, the Speaker of the House of Commons said Monday — a decision opposition critics hailed as the opening act of a great democratic drama.

Speaker Andrew Scheer allowed for debate the majority of more than 800 proposed changes to Bill C-38, the government's omnibus bill. THE CANADIAN PRESS

First Nations

Mental-health needs highest for First Nations youth

Children and teens from First Nations communities and families on welfare were more likely to use hospital emergency departments for mental-health crises than other kids their age, a new study reports.

"We were expecting differences but we weren't expecting to see such gaps," said lead author Amanda Newton. THE CANADIAN PRESS

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Afghanistan

Pregnant woman killed by bomb

An ambulance struck a roadside bomb while rushing a pregnant woman and her family to a hospital in northern Afghanistan on Monday, killing the woman and four of her family members, the Interior Ministry said.

The incident makes a total of nine civilians killed in insurgent attacks or bombings in one day.

The dead included two women and two children, while another two people were wounded, the ministry said. The vehicle hit the explosive in Sar-e-Pul city, the capital of the northern province of the same name.

Earlier Monday, two women and two children were killed in the east when a mortar fired by insurgents hit their home in Ghazni province's Gilan district.

The militants appeared to be aiming for a building nearby.

THE ASSOCIATED PRESS

Egypt

Mubarak gravely ill and depressed

Doctors used a defibrillator twice on Hosni Mubarak when they could not find a pulse Monday, the latest health crisis for the ousted Egyptian dictator since he was sentenced to life and moved to a prison hospital nine days ago.

Mubarak is slipping in and out of consciousness.

THE ASSOCIATED PRESS



Former Egyptian dictator Hosni Mubarak is being taken to court in 2011. THE ASSOCIATED PRESS

100 feared killed in Afghan quake and landslide

Hindu Kush. No signs of the buildings underneath when rescuers arrived; houses destroyed in five districts

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid.

The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying

Earthquake and landslide

An earthquake measuring a magnitude 5.4 struck the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. Both were felt as far away as the Afghan capital, Kabul, where buildings shook.

- Officials knew how many houses were buried only from information provided by area residents, who said between 25 and 30 houses "disappeared" in the landslide.

to use shovels to dig through. There were no visible signs of the buildings underneath.

"We need bulldozers or other machinery," said Jawed Basharat.

THE ASSOCIATED PRESS

Afghanistan. Coalition airstrikes on civilian homes to be curtailed



U.S. Defense Secretary Leon Panetta, second right, U.S. Ambassador Ryan Crocker, right, and head of coalition forces Gen. John Allen, in Kabul. AP

The U.S.-led military coalition in Afghanistan is limiting airstrikes against civilian homes to self-defence for troops.

This follows a strike last week that killed women and children alongside insurgents, a spokesman for the alliance said Monday.

Such airstrikes are now being designated a weapon of last resort to rescue soldiers — this will cut back their use.

Though airstrikes on homes are a small part of the international operations in Afghanistan, they have brewed resentment among Afghans, even when there are

no casualties, because of the sense that homes and privacy have been violated.

Civilian deaths from such operations have threatened to derail the Afghan-U.S. alliance.

A pact signed by the Afghan government and the U.S. military in April, putting Afghans in charge of joint raids in villages, was supposed to ease these tensions.

Of the 3,000 NATO airstrikes in the past six months, only 10 of them were against civilian homes. Of those 10, seven resulted in civilian casualties. THE ASSOCIATED PRESS

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British Prime Minister David Cameron and his wife Samantha appear at a party conference in this file photo. THE ASSOCIATED PRESS FILE

British PM leaves daughter, 8, in pub

Family outing. Child was separated from parents for 15 minutes — until Cameron popped round the Plough to collect her

It's every parent's nightmare — get home, and realize a child is missing.

British Prime Minister David Cameron's office confirmed Monday that he

accidentally left his eight-year-old daughter Nancy in a country pub after a family Sunday lunch.

Officials said the incident happened "a couple of months ago," as the family was leaving the pub near Chequers, a country house prime ministers use while in office, west of London.

Nancy had gone to the bathroom while Cameron and the rest of the family piled into two cars to drive back to the house.

Cameron was travelling in one car with his bodyguards and assumed that she was in the other car with his wife Samantha and two other children. Samantha assumed Nancy was with her father, and they only realized she was missing when they got home.

In a statement, Cameron's Downing Street office said "the prime minister and Samantha were distraught when they realized Nancy wasn't with them. Thank-

fully when they phoned the pub she was there safe and well."

Nancy was separated from her parents for around 15 minutes until Cameron arrived to collect her from the Plough in the village of Cadsden, officials said.

Sunday pub lunches have long been traditional in Britain, with fare often including roast beef, potatoes, and salad along with red wine, beer or ale.

THE ASSOCIATED PRESS

Partisan era. Reagan, dad, wouldn't have fared well in today's GOP: Jeb Bush

Respected Republican Jeb Bush suggested Monday that neither adored conservative icon Ronald Reagan nor his own father, George H.W. Bush, would have enjoyed much success in today's ultra-conservative, intensely partisan Republican party.

"They got a lot of things done with bipartisan support, but right now it's just difficult to imagine," Bush, brother of the 43rd U.S. president and son of the 41st, said in a roundtable discussion with reporters and editors held by Bloomberg View in Manhattan.

"Ronald Reagan would have, based on his record of finding accommodation, finding some degree of common ground, as would my dad —



Former Florida Gov. Jeb Bush
THE ASSOCIATED PRESS FILE

they would have a hard time if you define the Republican party — and I don't — as having an orthodoxy that doesn't allow for disagreement, doesn't allow for finding some common ground."

Bush, a moderate believed to be eyeing a run for president in 2016, called the partisanship disturbing, but added he thinks it's "temporary." THE CANADIAN PRESS



Water-dropping chopper

A helicopter makes a water drop on the High Park wildfire near Fort Collins, Colo., on Monday. While that fire burns out of control in northern Colorado, an unchecked blaze is choking a small community in southern New Mexico. ED ANDRIESKI/THE ASSOCIATED PRESS



Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release.

The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS



Craig Federighi, vice president of Mac Software, talks about the new Mountain Lion software during the Apple Developers Conference in San Francisco on Monday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

iPhone 'friends' Facebook

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones. Users will also be able to "Like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Siri, Apple's voice-command application, will add a host of new languages, including Spanish, Korean and Mandarin Chinese, Forstall said. "She" will also be able to launch applications and movies. She will also run on iPads for the first time.

Apple says the new software, iOS 6, will launch this fall. It updates the software annually, usually coinciding with the release of a new iPhone.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc.,

which makes a rival suite of software for smartphones. iOS 6 will use Apple's own Maps applications rather than Google's. The application will come with traffic reports and turn-by-turn navigation.

Apple also said the new version of its Mac operating system, Mountain Lion, will go on sale next month for \$20 US. The update brings features from Apple's phone and tablet software, like the iMessage texting application, to the Mac.

THE ASSOCIATED PRESS

Microsoft

The Orwellian future of ads?

Microsoft has filed patents for systems that can scan online activity, including facial expressions captured in video conversations, to detect a user's emotions in order to match online advertisements with their moods. A recently surfaced patent application describes pairing advertisers with users in a particular emotional state. This would see weight-loss ads matched with unhappy people (who are more likely to want to change their lifestyle) and electronic ads with happy people (more likely to spend). TORSTAR NEWS SERVICE

Market Minute

DOLLAR
96.97¢ US (-0.4¢)

TSX
11,401.78 (-98.85)

OIL
\$82.70 US (-\$1.40)

GOLD
\$1,596.80 US (\$5.40)

Natural gas: \$2.218 US (-8.1¢)
Dow Jones: 12,411.23 (-142.97)

Europe taking important steps to steady banks: Carney



Bank of Canada governor Mark Carney speaks at the International Economic Forum of the Americas in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

Europe is taking important steps to resolve weaknesses in its banking system that threaten one of the world's largest economic powerhouses, Bank of Canada governor Mark Carney told an economic conference Monday.

Carney said moves to centralize and recapitalize banks on a European rather than national basis will help to "break the increasingly toxic links between banks and sovereigns."

Earlier Monday, the International Economic Forum of the Americas was told Europe faces severe challenges but is taking the right steps by so-

lidifying the banking system of its weakest members.

Michel Barnier, European commissioner responsible for internal market and services, told the conference he didn't think Europe is at "one minute to midnight."

"I think Europe is making the right decisions," Barnier said.

In Europe, regulators are working to ensure that its 8,300 banks were well capitalized and meet the latest standards, Barnier added.

Haruhiko Kuroda, president of the Asian Development Bank said further

deterioration in Europe could drag the world economy back into recession.

He called Spain's recent decision to recapitalize its banking sector by borrowing money a significant step forward and could pave the way toward a banking union or fiscal union.

Spain became the fourth European country to seek a bailout, receiving up to \$125 billion US for its banks in a deal announced on the weekend following help provided for Greece, Ireland and Portugal.

THE CANADIAN PRESS

Watchful eye

Political, economic and regulatory officials from around the world are meeting at the four-day conference amid the financial crisis in Europe and concerns about economic growth around the world.

- Riot police kept a watchful eye on protesters while security officers blocked the entrance at the downtown Montreal hotel hosting the conference.

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Brown accuses Murdoch of tabloid attacks

Media ethics inquiry. Former British Prime Minister says media baron's newspaper undermined war in Afghanistan

Former British Prime Minister Gordon Brown on Monday accused a Rupert Murdoch-owned tabloid of personally attacking

him, failing the British people and undermining the war in Afghanistan through its coverage of the conflict.

In an often bitter attack on the Murdoch press in testimony to Britain's media ethics inquiry, Brown directly contradicted Murdoch's claim that the then-prime minister had made an abusive phone call to the media mogul in 2009. Murdoch told the inquiry last month that Brown had vowed to "make war on your company" after

Tweet

"Gordon rewrites history to shoot the messenger."

Tom Newton Dunn, The Sun's political editor in a tweeted response to Brown's testimony

The Sun switched its support to the Conservatives.

"It didn't happen," said Brown, adding that he had been shocked to hear Murdoch make the allegation under oath.

Brown is the first in a string of current and former political leaders to appear this week at the inquiry, set up amid a tabloid phone-hacking scandal to examine malpractice in the media and ties between politicians, police and the press.

Brown told the judge-led inquiry that instead of covering the difficult decisions facing his government, The Sun had concluded "that I personally did not care about our troops in Afghanistan." **THE ASSOCIATED PRESS**



Former British Prime Minister Gordon Brown leaves the High Court with his wife Sarah after giving evidence at the Leveson Inquiry in London, Monday. TIM HALES/THE ASSOCIATED PRESS

Spanish bailout. Investor glee turns to debt concern

Euphoria over a lifeline of up to \$125 billion US to rescue Spain's hurting banks morphed into a financial markets rout in a matter of hours Monday, as investors digested the still-undefined plan and became concerned the country may be unable to repay the new loans.

The rate on Spanish 10-year bonds — a measure of market trust in a country's ability to repay debt — rose to an alarmingly high yield of 6.47 per cent at the close of trading after falling to six per cent in the morning. And the benchmark IBEX-35 stock index closed down 0.5 per cent after surging six per cent in the morning.

Overshadowing Spain's acceptance over the weekend of

Quoted

"Plenty of risk still remains in place, with question marks over the ability of Spain to repay the debt."

Anita Paluch of Gekko Global Markets in a note to clients

a bailout for banks burdened by toxic property assets and loans are Greek elections next weekend and concerns that the anti-bailout left-wing party Syriza could become the largest party in parliament, putting the country's membership in the zone at risk.

THE ASSOCIATED PRESS

Social media

Facebook finding fewer friends, report states

Facebook's growth appears to be slowing, particularly in the U.S., according to a report in the Wall Street Journal. Unique U.S. visitors to the wildly popular social media site rose five per cent in April to 158 million, according to comScore.

THE ASSOCIATED PRESS

Google

French publishers agree to end copyright clash

Google and a group of French book publishers say they've resolved a long-running dispute over Google's book scanning and indexing efforts. Google and France's National Publishers Association will propose a "framework agreement."

THE ASSOCIATED PRESS

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THERE'S NO DEFENCE FOR DIGITAL SNOOPING



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek at the contents of my boyfriend's cellphone. I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The Catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Unearthing China's past



THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that had lain buried for centuries. **THE ASSOCIATED PRESS**



Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. **THE ASSOCIATED PRESS**

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.



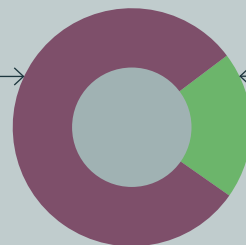
Look and you shall find. GETTY IMAGES



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Should cities ban plastic bags?

80%
YES. ALL
HAIL THE
CANVAS
TOTES



20%
NO. IT'S
UNFAIR TO
THE
FORGETFUL



Twitter

@2ndferment:

I don't get why ppl think breaking a heat record is exciting. It's deadly outside right now #humidity #ottawa

@jordantimm:

Hey #Ottawa, where are the #Ukraine fans watching this afternoon?

@MaulerMauler:

Sunny and 32 today #Ottawa! Get your popsicle on!

@tyl3r1:

Oh my god, I'm going to try laughing yoga tonight. #could-be-strange #ottawa

@DianeSawchuk:

Lounging at the pool & frying an egg on my stomach. It's hot. #summertime #Ottawa

@Worfles:

Blimey, I'm living in #HOTtawa today! And impossibly, it was cooler outside than in the #OTrain. #ottweather #ottawa

DVD reviews

Sherlock Holmes:
Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr.,
Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise has hope.

PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wiekiewicz,
Benno Furrmann

The shorthand description of *In Darkness*, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wiekiewicz). He makes *In Darkness* seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.

PETER HOWELL

Adam Sandler and Andy Samberg star in *That's My Boy*, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED
EHRBAR

Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, *That's My Boy*, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama *Funny People* and last year's dismal *Jack and Jill* — have grossed less

than \$100 million at the U.S. box office, and worldwide his movies have pulled in \$3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated *That's My Boy* was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the *Hangover* and *Bridesmaids*. For a man that's

made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if *That's My Boy* performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from *Saturday Night Live* — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

2

SCENE

Scene in brief

Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located.

THE ASSOCIATED PRESS

On the web



A moody *Mad Men* season finale with Don Draper, a man who has it all, except contentment



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Wes Anderson serves up a slice of Americana pie with little love story

Moonrise Kingdom.

Director found his inspiration for a youthful romance in a little-known film from England

RICHARD
CROUSE

scene@metronews.ca

Wes Anderson's new movie is a slice of Americana. *Moonrise Kingdom*, which opened the Cannes film festival this year, is chock-a-block with Norman Rockwell-isms about small town life.

So it is interesting that the films that helped inspire his story of 12-year-old paramours Suzy and Sam would have all been classified as world cinema.

On the line from London the director calls François Truffaut's *Small Change*, the story of kids growing up in a French provincial town, as "a



Moonrise Kingdom opens Friday. HANDOUT

great movie and a favourite of mine, and the movie that led me to start thinking about doing something with children as the leads."

He also cites a little-known

English movie set in 1750 as a key film while he was "working on the script, looking for inspirations to help propel a story about a romance between characters of this age."

"I had never heard of the great Ken Loach film called *Black Jack*," he says. "I was just in a video store in London and I saw the very beautiful cover. I didn't really know Ken Loach's

work that well. I read the description and I absolutely loved the movie. *Black Jack* really made a huge impression on me, and inspired some things in the movie."

Casting

Finding the young leads

After auditioning thousands of children, Wes Anderson discovered two unknowns, Kara Hayward and Jared Gilman. "Eventually somebody comes in and the search is over," Anderson says. "There is a flash of lightening and there it is. That's what happened with each of these."

Jared, he says, won the role because "he made me laugh the way he looked but it was the combination of his appearance and his interview with the casting director that really entertained me and charmed me."

Kara impressed with her reading of the scene. "It sounded to me as if she was inventing the lines spontaneously right there."

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Lady Gaga ALL PHOTOS GETTY IMAGES

She's on the edge... of passing out: Gaga goes on post head bonk

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly.

But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion

Getting the job done

"Can't believe she finished the show."

Tara Savello
Makeup artist Tara Savello on Twitter

but she is going to be OK," her makeup artist, Tara Savello, posted to Twitter Monday. "Can't believe she finished the show."

The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs. "No engagement!"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Brand is going for this look, thank you

THE WORD
Monica Weymouth
scene@metronews.ca

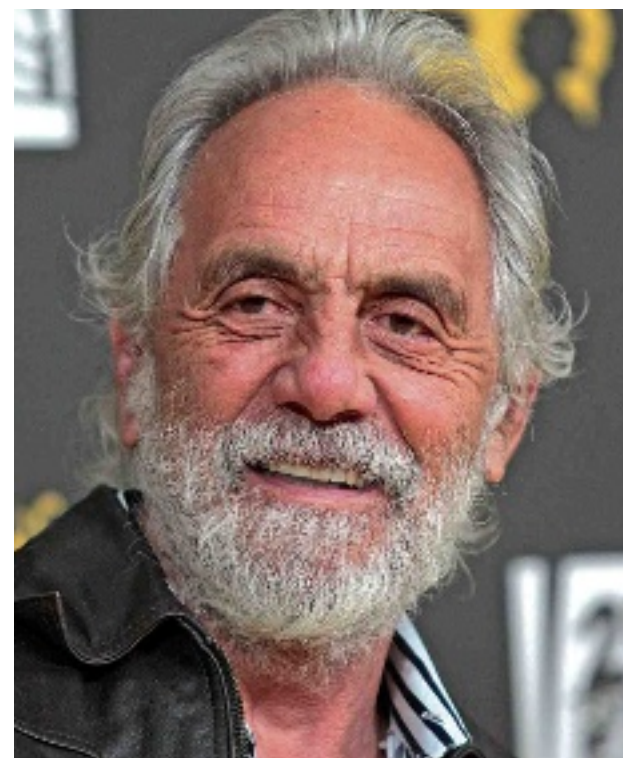
He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he homeless for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.



Tommy Chong

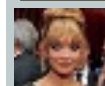
Chong sick of cannabis against prostate cancer

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years

ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

Twitter



@nicolerichie

My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch



@_julianne Moore

I am never listening to my dog about the NBA again.



@aplusk

Are we sure that banning Big Gulps in NY is constitutional?



@SethMacFarlane

From now on, songs are no longer allowed to use the words "baby" or "yeah".

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3 LIFE

Picks of the week

Summer skin pick

Kiehl's AÇAÍ Damage-Repairing Serum: Enriched with anti oxidant açai berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.

ROMINA MCGUINNESS

50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.

METRO

On the Web



Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

Summer-skin guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- You never or rarely tan and always burn. Skin type 1
- You often tan and rarely burn. Skin type 2-3
- You always tan and very rarely burn. Skin type 4



TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white. You have: blonde or red hair and light eyes. Reaction to sun exposure: you never tan. Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

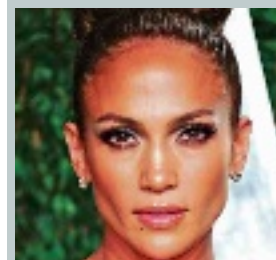
- SPF. 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- Risk of sunburn on a scale of (1-10). 10
- Risk of skin cancer. high
- Best time for sun exposure. before 11 a.m. and after 5 p.m.

TYPE 2: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive. You have: brown to dark brown hair with blue, green, hazel or brown eyes. Reaction to sun exposure: you often tan but occasionally burn. Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- SPF. 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- Risk of sunburn (1-10). 6
- Risk of skin cancer. medium
- Best time for sun exposure. before noon and after 4 p.m.



TYPE 3: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown. You have: dark brown to black hair and brown, blue or green eyes. Reaction to sun exposure: you tan well and rarely burn. Sensitivity: you're sensitive to peels.

SKIN TIPS:

- SPF. 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- Risk of sunburn (1-10). 4
- Risk of skin cancer. low
- Best time for sun exposure: before noon and after 4 p.m.

TYPE 4: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black. You have: black hair and dark brown eyes. Reaction to sun exposure: you tan very easily and have a very small chance of burning. Sensitivity: you are highly sensitive to facial treatments, but not the sun.

SKIN TIPS:

- SPF. 15+ with a PPD factor 8
- Risk of sunburn (1-10). 1
- Risk of skin cancer. low

Best time for sun exposure avoid the hours from noon till four



Best Health

Stretch before you garden

When you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. In fact, you can burn 300 calories an hour gardening. In the summer issue of Best Health magazine, on news-stands now, you can find

an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:

- Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
- Once you start gardening, change positions at least every

15 minutes.

- Use a kneeling pad to reduce stress on your knees.
- Use a wheelbarrow to carry heavy bags such as soil.
- Always wear sunscreen and a wide-brimmed hat.
- Keep a bottle of water handy to stay hydrated.

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Genes linked to eating disorders

Epigenetics. Old views put to rest as new science reveals how genetics explain causes of anorexia nervosa and bulimia

CELIA MILNE
Metro Canada

There should be no guilt or shame with an eating disorder.

These feelings are common. But new research tells us that genes play a big role in anorexia nervosa and bulimia. "There has been a pretty major shift in the way we understand the causes of eating disorders," says Dr. Howard Steiger, director of the Eating Disorders Program of the

Douglas University Institute in Montreal. "The old view was that eating disorders resulted from family dynamics. Fingers were pointed at mothers who dieted or were over-protective."

A new science called epigenetics — how the environment influences gene expression — helps explain eating disorders. Essentially, some people carry a genetic vulnerability, which may be compounded by severe stress or adversity. The final ingredient is diet-

Quoted

"There has been a pretty major shift in the way we understand the causes of eating disorders."

Dr. Howard Steiger, director of the Eating Disorders Program of the Douglas University Institute in Montreal

ing. "It is very new," says Dr. Steiger, who is a professor of psychiatry and psychology at McGill University.

Eating disorders are serious illnesses that often affect adolescent girls. Between five per cent and 10 per cent may eventually die of factors related to the disorder.

When families wrack their brains to answer the question, "Why us?" they may not think of genes. "A young girl might think, 'what's wrong with me?' Or her mother might think, 'Why did I diet when she was 10 years old' The reality is that people develop eating disorders, not because of some weakness of character, but because they carry susceptibilities to eating-disorder development that are then switched on by environmental pressures and too much dieting," says Dr. Steiger.



Genes play a big role in anorexia nervosa and bulimia. ISTOCK PHOTO

Green space equals a longer life: Study



The study, which began in the 1980s, kept track of about 575,000 adults in 10 cities in Ontario. ISTOCK PHOTO

Lifestyle. People who live near parks live longer

CELIA MILNE
life@metronews.ca

That is the finding of a large Canadian study that took place over a 22-year span. "Residential levels of green space were associated with lower death rates, especially for deaths from respiratory diseases," says Dr. Paul Villeneuve, a senior research scientist of population studies at Health Canada.

The study took place in 10 cities in Ontario: Hamilton, Kingston, London, Ottawa,

Sarnia, St. Catharines, Sudbury, Thunder Bay, Toronto and Windsor. It began in the 1980s and kept track of about 575,000 adults in those urban areas until the end of 2004, by which time 187,000 of the original participants had died.

The population in the study was randomly chosen from income tax filings. Postal code information was used to follow where people lived, even if they moved over time, and the amount of green space near them was measured by satellite. People in the study were assigned a "vegetation index"


according to their postal code.

The study found that people living within a 10-minute walk from green space had lower mortality during the 22 years. This effect occurred regardless of whether air pollution levels were high or low in their area.

These results boost previous research on the health benefits of living near green space: earlier work found that being close to trees, plants and grass reduces stress and headaches, and improves thinking skills.


Quoted

"Residential levels of green space were associated with lower death rates" Dr. Paul Villeneuve, research scientist




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Not so explosive BOM burgers fail to blow taste buds away



Brie Burger (\$14). SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

Though BOM (Burgers on Main) is on Somerset, the name refers to its sister location in Manotick, which sits on

Main Street. On Somerset, the restaurant is an old house with hardwood floors and wood tables where the feel is busy and vibrant, especially at lunch time. At a burger place, it's best to order burgers.

The Brie Burger with red-onion marmalade came with fries, coleslaw and a secret sauce. The

sesame-crusted bun was fresh and soft. Though the combo of red onions (both raw and cooked in the marmalade) with brie was delicious, the burger itself was slightly burnt.

It added a dominant charcoal taste that I didn't mind so much, but I would have preferred it to have had less time

on the grill.

The fries were generous and obviously hand cut but could have used a few more seconds in the deep fryer to make them crisper.

The secret sauce was tasty with its distinctive ketchup, Worcestershire and lemon notes. It was also worthy for French fry dipping.

BOM on Somerset is worth checking out.

Visiting the restaurant

BOM (Burgers on Main)

Address. 343 Somerset St. W.

Phone. 613-695-3330

Rating. 3.5/5

Price range. \$\$

Reservations. Yes

Business lunch. Yes

Lunch with co-workers. No

Social lunch. Yes

Breakfast Pie for dinner. Try this savoury pie for the ultimate comfort meal



1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on

paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. **THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)**

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

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Bread-and-butter etiquette



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler,
Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table?
Rachel

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would



The bread bowl at a restaurant comes with a lot of etiquette rules. ISTOCK

always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply

cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is the hostess who deals with offering bread and cutting

it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to

take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter

plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

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YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of *The Mother of All* books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE ... FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for ex-

ample. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes

it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

— Astrid Van Den Broek



WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of *The Mother of All* books series.

So here are her top tips on what you will really need once your baby comes home.

- Change station: This could be a change

- table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.

- Newborn and Size 1 diapers and wipes.
- Comfortable nursing chair with foot support.
- Bassinet, playpen or crib.

- Dresser for baby's clothes
- Baby clothes. (For the early months, Onesies and sleepers will do.)
- Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."



THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting ... and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of *The Mother of All* books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move ... yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

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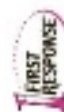
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TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT



But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than

80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.

KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone,

or LH. This happens in the 24 to 36 hours before ovulation.

- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES



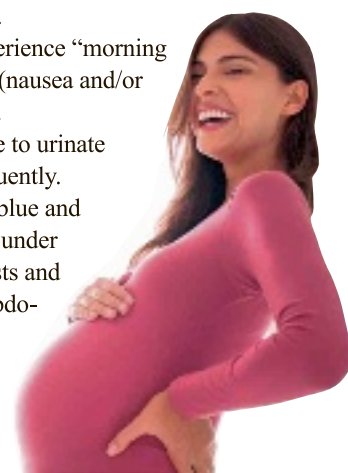
Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

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YOU MIGHT BE PREGNANT IF ...

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.



Note: If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.



INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

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- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

*More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.

**Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.

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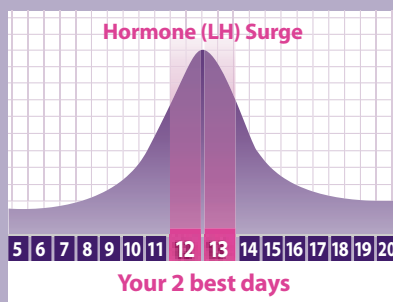
FIRST RESPONSE® Ovulation Test understands that.



FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.¹

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can



accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.

How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

¹ Data on file, Church & Dwight Co., Princeton, NJ 2011

² Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.¹

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive

EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.²

YES +

NO -

**Easy Read
Technology**



**For your best chance to conceive,
trust the test designed for you.**

1stresponse.ca/ovulation

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Just when you thought tax time was over. ISTOCK IMAGES

Uncle Sam wants you (and your tax)

It's that time again.

Many Americans in Canada don't even realize they are required to file taxes in the country of their birth



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here, not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns. Many Americans in Canada don't even realize they are

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

required to file in the country of their birth. Since then the IRS has relaxed their stance a bit, but U.S. citizens still need to comply.

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If

The people in your 'hood

- 900,000 to 2.5 million. The estimate of Americans living in Canada.

you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIF-FITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

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Moving house

Becoming a Kijiji master in one day or less



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Drum roll please.... After two-and-a-half months of scouring my over-priced local real estate market, I finally found "the one"; a home that I love. I stuck to my price and conditions, mainly the inspection and quick possession date, and my offer was accepted late on Friday night.

Now that I've officially got two weeks to get myself fully packed and moved into my new place, I'm faced with a new dilemma — too much of the wrong kind of furniture. My new place has less square footage and a more elegant/sleek feel to it, whereas my current home screams roomy southern comfort.

My furniture dilemma got me thinking about

two things; first, how much we accumulate over the years and, second, how we can reduce what we own without losing loads of money.

I've learned two huge lessons about the accumulation of 'stuff' throughout my moving experience. First, "stuff" costs money. The less you have, the more you'll save. Second, if you don't need something any longer, rid yourself of it right away. What good is it to store a desk in your garage for five years if it's only going to collect dust? SELL IT!

Rather than tossing my furniture in the trash, I turned to Kijiji on Sunday morning to see whether I could sell my furniture to local buyers. Using my iPad and cell-phone camera I created free compelling ads.

By Sunday afternoon more than 50 per cent of my stuff was sold. Plus, once buyers were in my house, many bought more items than what they originally came for. The buyers paid cash and moved the pieces out themselves.

I chalk the quick sales up to pricing the pieces competitively and taking nice photos.

I certainly didn't make a profit on any of my furniture, but considering I furnished my home for less than \$5,000 over seven years by buying the bulk of it second hand through eBay, Kijiji, and Classified ads, I've recovered a fair chunk of change which I can now put towards my new furniture.

My second furniture downsize strategy has been to coordinate donations to local charities. Many charities will pick up the goods right from your front door. Others have drop-off locations. Depending on the organization and the quality/value of the donation, a valuable tax receipt may be issued.

Both Kijiji and donations are frugal ways to buy and sell various items. Additionally, they reduce waste because the items are reused and recycled by the new owners. But, avoiding the accumulation of 'stuff' is always the most frugal option of all.



You don't have to be a professional salesperson to make a profit on your stuff. ISTOCK IMAGES

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25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

- 1** During the day, close the windows and use shades and blinds to keep the warmer outside air out.
- 2** Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.
- 3** Change window dressings to light coloured curtains, etc., which also reflect the heat out.
- 4** Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.
- 5** Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.
- 6** Open windows at night to let cooler outside air in.
- 7** Plant deciduous shade trees on the southern and western sides of the

house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

- 8** Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.
- 9** Immerse yourself — in a public pool or a lake.
- 10** Run through a sprinkler with your kids.
- 11** Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.
- 12** Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

- 13** Wear loose fitting, light-coloured clothing.
- 14** When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.



CAMERON SPENCER/PHOTODISC/THINKSTOCK

- 15** Wear long hair up and off your neck.

REFRESH YOURSELF

- 16** Keep mist toner spray in the fridge and spritz your face!
- 17** Hagan suggests that you put rolled up, dampened hand towels in the

fridge — to cool down, wipe your face with one or put it around the base of your neck.

- 18** Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

- 19** Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

- 20** Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

- 21** Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

- 22** Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

- 23** Always drink lots of water and other liquids, says Berkoff.

- 24** Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

- 25** The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

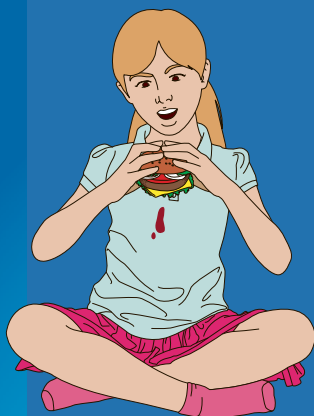
— Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.



STAIN FIGHTER



BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5-10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

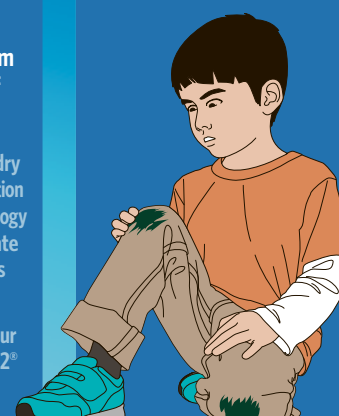


TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5-10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.



THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5-10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE



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MLB

Testimony wraps up at Clemens perjury trial

His large frame towering over the microphone, Roger Clemens leaned forward at the podium and declared to the judge: "Yes sir, I am not testifying."

The government presented three rebuttal witnesses Monday after the defence rested its case at the Roger Clemens perjury trial.

The trial will determine whether Clemens lied when he told Congress in 2008 that he never used steroids and human growth hormone. Closing arguments will be heard Tuesday. The case could go to the jury Tuesday afternoon. **THE ASSOCIATED PRESS**

NCAA

Court in session at Sandusky trial

Jerry Sandusky's trial in the Penn State scandal opened in graphic fashion Monday with the first witness testifying that the retired coach molested him in the locker-room showers and in hotels while trying to ensure his silence with gifts and trips to bowl games.

The man, now 28 and dubbed Victim 4 in court papers, told the jury about the abuse he said he endured for five years beginning when he was a teenager in the late 1990s.

"I've denied it forever," he testified, looking straight at the prosecutor as Sandusky sat motionless nearby.

Sandusky, 68, faces 52 counts that he sexually abused 10 boys over 15 years. The former assistant football coach has denied the allegations.

THE ASSOCIATED PRESS



The Kings celebrate winning the Stanley Cup on Monday night at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

Kings take their place on NHL throne

NHL. Los Angeles seals deal by scoring three times in first during Devils' major penalty

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993

Game 6	
6	1
Kings	Devils

illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Bro-

deur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant 16-4 run through this post-season. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his performance in goal.

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent.

THE CANADIAN PRESS

Nadal's supremacy on clay continues



Rafael Nadal celebrates after winning the French Open on Monday in Paris.

MICHEL SPINGLER/THE ASSOCIATED PRESS

Rafael Nadal was worried.

A guy so unflinching, so nearly unbeatable at the French Open, got a real case of nerves during the 18 hours he and Novak Djokovic waited for the restart of their rain-interrupted final at Roland Garros.

Instead of focusing on how close he was to winning a record seventh French Open, Nadal grew increasingly wary of the other possible outcome: A loss in a fourth consecutive Grand Slam final against Djokovic, who was trying to become the first man since 1969 to collect four straight major titles.

When play was halted by showers on Sunday, Nadal was clinging to an shrinking lead. It wasn't until a few minutes be-

Quoted



"He's definitely (the) best player in history ... on this surface."

French Open runner-up Novak Djokovic speaking of Rafael Nadal's dominance on clay.

fore setting foot back on Court Philippe Chatrier, his favourite arena at his favourite tournament on his favourite surface, that Nadal set aside his anxiety. Oh, did he. The King of Clay overwhelmed the No.1-ranked Djokovic for the 50 minutes and nine games they played Monday, wrapping up a 6-4, 6-3,

2-6, 7-5 victory that allowed Nadal to earn French Open trophy No. 7, breaking a tie with Bjorn Borg.

"You never know if you're going to win another one," said the second-ranked Nadal, who now owns 11 Grand Slam titles.

"I don't know if I am the best or not," he added. "I am not the right one to say that."

Djokovic, for his part, had zero doubts. He worked his way back into the match with an eight-game run when it was pouring Sunday, but otherwise was outplayed.

"Results are showing that he's one of the best ever," said Djokovic, who had his 27-match Grand Slam winning streak ended. **THE ASSOCIATED PRESS**

4

SPORTS

MLB

"I want a ball called a ball and a strike called a strike. Figure out how to do it."

Boston Red Sox manager Bobby Valentine, who was still steamed about umpiring on Tuesday, a day after being ejected, and said technology should be used to eliminate human error in calling balls and strikes.

MLB

Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.

THE CANADIAN PRESS

On the web



Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.



Ukraine wins one at home

Ukraine coach Oleh Blokhin celebrates victory with Andriy Shevchenko in Kyiv on Monday. Shevchenko trumped Sweden's Zlatan Ibrahimovic, scoring two great headers to give Ukraine a 2-1 win over Sweden at Euro 2012.

MARTIN ROSE/GETTY IMAGES

France and England trade goals in draw

Euro 2012. The French are unbeaten in their last 22 matches

England held on for a 1-1 draw with France on Monday at Euro 2012, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start, there was a bit of pressure that got to us, and then we got better actually after we conceded the goal — that's when we started playing."

England took the lead in the 30th minute when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France



Joleon Lescott of England heads the ball past Hugo Lloris of France on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goal-

keeper Joe Hart could react.

When Nasri celebrated his goal, he shouted "Ferme ta geule," or "Shut your mouth." He then brought his finger to his lips as if telling someone to keep quiet.

The gesture was aimed as a French journalist from sports

daily L'Equipe, who had questioned his form in an article the day before the match.

The French team finished the match with 19 shots, 15 of them on target. England managed three shots, but only the one on target.

THE ASSOCIATED PRESS



TRANSIT ORIENTED DEVELOPMENT (TOD) STUDIES

PUBLIC INFORMATION SESSION

Thursday, June 14, 2012
Ottawa City Hall, Jean Pigott Hall
110 Laurier Avenue West - 4 to 8 p.m.

The City of Ottawa is studying opportunities for future land use intensification for properties within approximately 800 metres walking distance of the future St. Laurent, Train and Cyrville Light Rail Transit stations.

Attend this information session and learn about the proposed TOD plans, Official Plan and Zoning By-Law changes, population density forecasts, future land uses, pedestrian and cycling routes, and infrastructure improvements for these areas.

Need more information? Visit ottawa.ca/tod

Or, contact:

Train TOD Area
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MLB					NATIONAL LEAGUE				
AMERICAN LEAGUE					EAST DIVISION				
EAST DIVISION					EAST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Tampa Bay	35	25	.583	—	Washington	35	23	.603	—
New York	34	25	.576	½	Atlanta	34	26	.567	2
Baltimore	34	26	.567	1	New York	32	29	.525	4½
Toronto	31	29	.517	4	Miami	31	29	.517	5
Boston	29	31	.483	6	Philadelphia	29	33	.468	8
CENTRAL DIVISION					CENTRAL DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Chicago	33	27	.550	—	Cincinnati	32	27	.542	—
Cleveland	32	27	.542	½	Pittsburgh	32	27	.542	—
Detroit	28	32	.467	5	St. Louis	31	30	.508	2
Kansas City	24	34	.414	8	Milwaukee	28	32	.467	4½
Minnesota	24	35	.407	8½	Houston	26	34	.433	6½
					Chicago	20	40	.333	12½
WEST DIVISION					WEST DIVISION				
	W	L	Pct	GB		W	L	Pct	GB
Texas	35	26	.574	—	Los Angeles	39	22	.639	—
Los Angeles	32	29	.525	3	San Francisco	34	27	.557	5
Seattle	27	35	.435	8½	Arizona	30	30	.500	8½
Oakland	26	35	.426	9	Colorado	24	35	.407	14
					San Diego	20	41	.328	19
INTERLEAGUE					Monday's results				
Monday's results					No Games Scheduled.				
Washington at Toronto					Sunday's result				
Boston at Miami					Milwaukee 6 San Diego 5				
N.Y. Yankees at Atlanta					Tuesday's game				
L.A. Angels at L.A. Dodgers					All Times Eastern				
Sunday's results					Houston (Norris 5-3) at San Francisco				
Toronto 12 Atlanta 4					(Bumgarner 7-4), 10:15 p.m.				
Arizona 4 Oakland 3					ATHLETICS				
Baltimore 5 Philadelphia 4 (10 inn.)					MOSCOW CHALLENGE				
Chicago Cubs 8 Minnesota 2					Monday's results				
Cleveland 4 St. Louis 1					(all distances in metres)				
Detroit 7 Cincinnati 6					MEN				
Houston 11 Chicago White Sox 9					110 Hurdles — 1, Daniel Kiss, Hungary, 13.53				
L.A. Angels 10, Colorado 8					seconds. 2, Maksim Lynsha, Belarus, 13.60. 3,				
L.A. Dodgers 8 Seattle 2					Konstantin Shabanov, Russia, 13.79. 4, Dominik				
N.Y. Yankees 5 N.Y. Mets 4					Bochenek, Poland, 13.86. 5, Filipp Shabanov,				
Pittsburgh 3 Kansas City 2					Russia, 14.03. 6, Nikita Voronov, Russia, 15.64.				
Tampa Bay 4 Miami 2					200 — 1, Aleksandr Brednev, Russia, 20.58. 2,				
Texas 5 San Francisco 0					Ainsley Waugh, Jamaica, 20.63. 3, Christian				
Washington 4 Boston 3					Malcolm, Britain, 20.90. 4, Aleksandr Khyutte,				
Tuesday's games — All Times Eastern					Russia, 20.91. 5, Konstantin Petryashov, Russia,				
Pittsburgh (Lincoln 3-1) at Baltimore (W.Chen					21.05. 6, Vyacheslav Kolesnichenko, Russia, 21.13.				
5-2), 7:05 p.m.					400 — 1, Pavel Trenikhin, Russia, 45.51. 2,				
Washington (Wang 1-2) at Toronto (H.Alvarez					Vladimir Krasnov, Russia, 45.68. 3, Marcus				
3-5), 7:07 p.m.					Boyd, United States, 45.68. 4, Rabah Youisf,				
Boston (Buchholz 6-2) at Miami (Buehrle 5-6),					Sudan, 45.85. 5, Richard Buck, Britain, 45.96.				
7:10 p.m.					6, Maksim Dyldin, Russia, 46.18.				
Cleveland (J.Gomez 4-4) at Cincinnati (Cueto					400 Hurdles — 1, Vladimir Antmanis, Russia,				
6-3), 7:10 p.m.					49.87. 2, Richard Davenport, Britain, 49.93. 3,				
N.Y. Mets (C.Young 0-0) at Tampa Bay (Cobb					Rasmus Magi, Estonia, 50.32. 4, Nikita An-				
2-2), 7:10 p.m.					driyanov, Russia, 50.43. 5, Mikita Yakauvleu,				
N.Y. Yankees (Sabathia 7-3) at Atlanta (Minor					Belarus, 50.55. 6, Konstantin Andreyev, Rus-				
3-4), 7:10 p.m.					sia, 50.78. 7, Siarhei Serkou, Belarus, 51.54.				
Arizona (I.Kennedy 5-5) at Texas (Lewis 4-5),					3,000 — 1, Cornelius Kangogo, Kenya, 7:59.89.				
8:05 p.m.					2, Limo Remmy Ndiwa, Kenya, 8:01.47. 3, Kipses				
Detroit (Scherzer 5-4) at Chicago Cubs (Maholm					Suleiman Simotwo, Kenya, 8:02.13. 4, Abayneh				
4-5), 8:05 p.m.					Ayele, Ethiopia, 8:02.65. 5, Aziz Lahbabi, Morocco,				
Milwaukee (Greinke 7-2) at Kansas City					8:02.65. 6, Tidrek Nurme, Estonia, 8:03.85.				
(Mendoza 2-3), 8:10 p.m.					WOMEN				
Philadelphia (K.Kendrick 2-5) at Minnesota					100 — 1, Tameka Williams, St. Kitts and Nevis,				
(Blackburn 2-4), 8:10 p.m.					11.19. 2, Yelizaveta Savlinis, Russia, 11.34. 3,				
Chicago White Sox (Quintana 1-1) at St. Louis					Natalya Rusakova, Russia, 11.36. 4, Yevgeniya				
(Wainwright 5-6), 8:15 p.m.					Polyakova, Russia, 11.38. 5, Yulia Balykina,				
Oakland (Colon 5-6) at Colorado (Guthrie 3-4),					Belarus, 11.40. 6, Olga Belkina, Russia, 11.43.				
8:40 p.m.					7, Lina Grincikaite, Lithuania, 11.47. 8, Yulia				
L.A. Angels (Williams 6-3) at L.A. Dodgers					Katsura, Russia, 11.55.				
(Harang 5-3), 10:10 p.m.					800 — 1, Mariya Savinova, Russia, 1:57.93. 2,				
San Diego (Richard 2-7) at Seattle					Yelena Arzhakova, Russia, 1:58.28. 3, Irina				
(F.Hernandez 4-4), 10:10 p.m.					Maracheva, Russia, 1:58.71. 4, Svetlana				
CALENDAR					Cherkasova, Russia, 1:59.03. 5, Yekaterina				
July 10 — All-Star game, Kansas City, Mo.					Poistogova, Russia, 1:59.09. 6, Yelena Kofano-				
July 13 — Deadline for amateur draft picks to					va, Russia, 1:59.40.				
sign with selection team.					High Jump — 1, Svetlana Shkolina, Russia, 1.98.				
July 22 — Baseball Hall of Fame induction,					2, Tia Hellebaut, Belgium, 1.92. 3, Marina Aitova,				
Cooperstown, N.Y.					Kazakhstan, 1.92. 4, Venelina Veneva-Matveeva,				
July 31 — Last day to trade a player without					Bulgaria, 1:89. 5, Levern Spencer, St. Lucia,				
securing waivers.					1.86. 6, Svetlana Radzivil, Uzbekistan, 1.86.				
Aug 15-16 — Owners' meetings, Denver.									

NHL PLAYOFFS

STANLEY CUP FINAL

(Best of 7)

NEW JERSEY (E6) VS.LOS ANGELES (W8)

(Los Angeles leads series 3-2)

Monday's result

New Jersey at Los Angeles

Saturday's result

New Jersey 2 Los Angeles 1

Wednesday's game — All Times Eastern

x-Los Angeles at New Jersey, 8 p.m.

x — played only if necessary.

SCORING LEADERS

	G	A	PT
Kopitar, LA	8	11	19
Kovalchuk, NJ	8	11	19
Giroux, Pha	8	9	17
D.Brown, LA	7	10	17
Parise, NJ	8	7	15
B.Richards, NYR	6	9	15
J.Williams, LA	4	11	15
Doughty, LA	4	10	14
Salvador, NJ	4	10	14
Briere, Pha	8	5	13
Zajac, NJ	7	6	13
M.Richards, LA	4	9	13
Henrique, NJ	4	8	12
Clarkson, NJ	3	9	12
Girardi, NYR	3	9	12
J.Carter, LA	6	5	11
Gaborik, NYR	5	6	11
Penner, LA	3	8	11
Callahan, NYR	6	4	10
McDonald, STL	5	5	10
Vermette, Phx	5	5	10
Anisimov, NYR	3	7	10
Zubrus, NJ	3	7	10
Del Zotto, NYR	2	8	10
Voracek, Pha	2	8	10
J.Staal, Phg	6	3	9
Doan, Phx	5	4	9
Ovechkin, Wash	5	4	9
B.Schenn, Pha	3	6	9
Stepan, NYR	1	8	9
Yandle, Phx	1	8	9
Zidlicky, NJ	1	8	9
Elias, NJ	5	3	8
Boedker, Phx	4	4	8
Crosby, Phg	3	5	8
Hartnell, Pha	3	5	8
Malkin, Phg	3	5	8

Not including last night's game

TENNIS

FRENCH OPEN

Monday's result

Men's Singles — Championship

Rafael Nadal (2), Spain, def. Novak Djokovic (1), Serbia, 6-4, 6-3, 2-6, 7-5.

NBA PLAYOFFS

THE FINALS

(Best of 7)

All Times Eastern

OKLAHOMA CITY (W2) VS. MIAMI (E2)

Tuesday's game

Miami at Oklahoma City, 9 p.m

Thursday's game

Miami at Oklahoma City, 9 p.m.

Sunday, June 17

Oklahoma City at Miami, 8 p.m.

Tuesday, June 19

Oklahoma City at Miami, 9 p.m.

Thursday, June 21

x-Oklahoma City at Miami, 9 p.m.

Sunday, June 24

x-Miami at Oklahoma City, 8 p.m.

Tuesday, June 26

x-Miami at Oklahoma City, 9 p.m.

x — played only if necessary.

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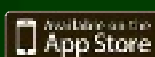
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Crossword

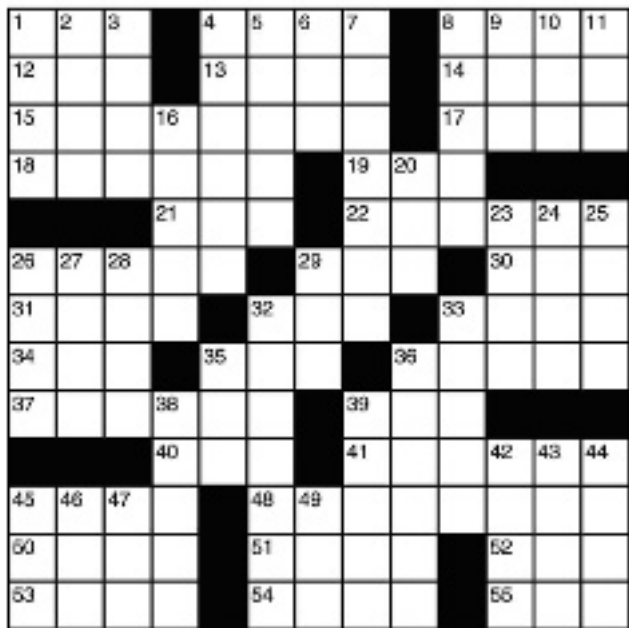
Across

- 1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player

- 53 Competent
54 Burpee buy
55 Bribe

Down

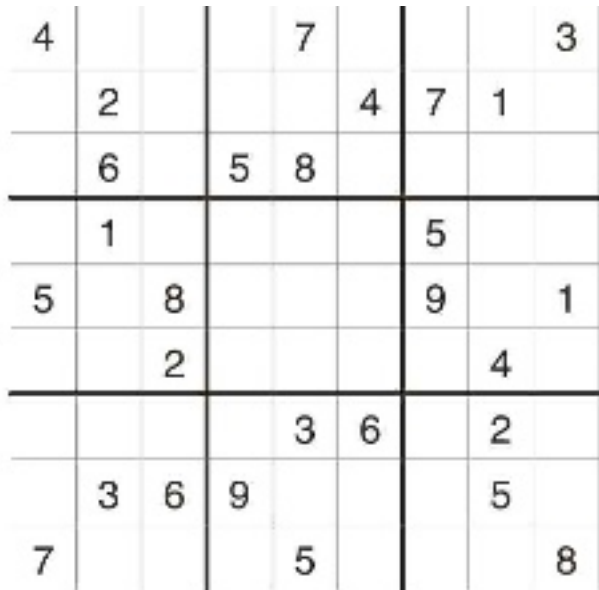
- 1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally



- 42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort

- 46 Scepter topper
47 Be below par
49 Honor in verse

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword



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